

Get Fit. Get Healthy. Get Walking.

Walk With EaseSM

a program for better living[®]

Want to take control of your health?

Sign up for the *Walk With Ease* Program

If you have an interest in improving your overall health, this is the program for YOU!

The Program Offers:

- Stretching and strengthening exercises
- Tips for walking safely and comfortably
- Health education information
- Personalized walking routines

Proven to Help People:

- Build confidence to be physically active
- Improve flexibility, strength and stamina
- Reduce pain

Walking can help you gain all the benefits of exercise, from weight loss to stress control.

Best of all, it's FREE to participate!

When: March 10-April 18th 9:00am-10:00am
Mon/Wed/Fri

Where: Active Aging Wellness Center
200 N. 4th St, Platte City, MO 64079

Register : avance@activeagingandwellness.com
Or call Amy Vance 254-206-1737

Free walking book and incentives. Get healthy and build friendships.



Fun & Easy 6-Week Walking Program

Includes:

- Certified Walking Leader
- Free Walking Guidebook



www.artnrthritis.org